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Skating's groovy; so's volunteering

Apple-cheeked Linda Johnson, 17, and lissome Jan Marcus, 18, are two of 86 teen-agers on the UC Hospitals volunteer team this summer.

This doesn't make them namby-pamby Nice Nellies. They dig rock 'n roll, think roller skating is groovy, flaunt the frug at dances, sleep late summer mornings, spend money on shopping sprees.

But they also put in two days a week from 9 a.m. to 1 p.m. in pediatrics, where they feed infants and toddlers, dry their tears, play games with them, even change diapers.

"A handy thing to learn," they agree.

Linda and Jan agree on more than this. They've been close friends since junior high school days, joined Campfire Girls and stayed with it for 10 years and can't decide – individually or collectively – whether to be nurses or airline stewardesses.

"I've wanted to be a nurse since I was this high," Linda tapped her knee. "I have a cousin who's a licensed vocational nurse, and she loves it. The part I like is being able to work with people."

"That's why I'm here," says Jan, daughter of the William Marcuses and a freshman at City College of San Francisco. "I enjoy working with people. Volunteering makes you feel you're part of the hospital."

Both Linda, a Lincoln High senior and daughter of the Carver Johnsons, and Jan were "part of the hospital" last summer, too. It was their first volunteer stint. They were sold.

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"They treat us like adults, not kids" says volunteer Linda Johnson of hospital staffers at UC Medical Center, where 86 teen-agers – eight of them boys – have completed orientation and training for summer volunteer service. Many will be back at Christmas to trim trees. Last year, it took only an hour for 90 young people to deck 43 trees.

'I'm Either Participating or Observing'

Dr. John S. Najarian and his wife Mignette have four sons.

But the man who made medical history at UC Medical Center in the field of kidney transplants is not insistent that any or all of his boys follow in his eminent footsteps.

"In fact," he confessed, "one day someone asked one of the boys what he wanted to be when he grew up. He said 'whatever my daddy isn't, because daddy's never home.'"

A husky man with powerful shoulders and hands, Dr. Najarian looks more like an ex-football player than a skilled surgeon. He is both. He played tackle on the 1947 and 1948 UC football teams and went to the Rose Bowl in 1949.

He leaves UC Medical Center this summer to head the University of Minnesota department of surgery.

"It took a while to make the decision to leave," he conceded, "but the new job will be a challenge. I'll have an opportunity to apply my ideas on surgical teaching techniques."

Mignette Najarian, a trained nurse, was born in Minnesota "but thinks of herself as a Californian, now," says her husband. How do the boys feel about moving?

"When they heard about the lakes and the snow, they were ready to go," says the father of John, 9; David, 7; Paul, 5; Peter, 3.

When his son made the wistful comment about "daddy's never home," John Najarian couldn't honestly disagree.

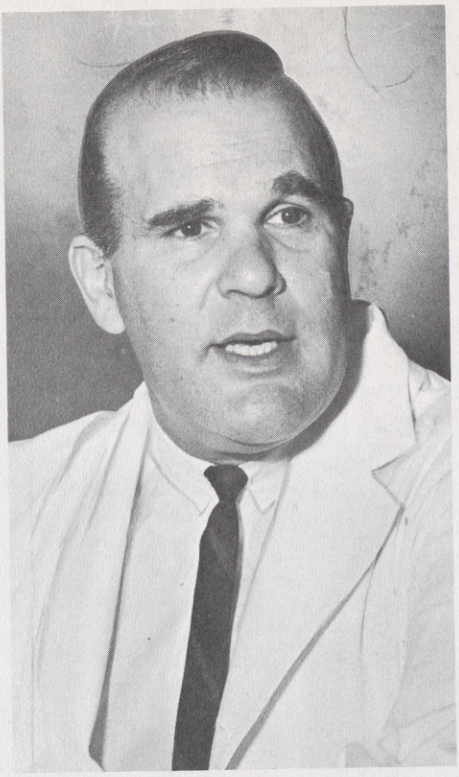
"Work," he says without apology, "occupies most of my time. I'm either participating or observing."

Except for occasional weekend touch football workouts with the boys and two weeks a year at UC's Lair of the Bear summer camp, Dr. Najarian is adjusted to an all-work and little-or-no-play schedule.

Even at camp, he's the doctor. He relishes this "because I have a chance to do general practice – treat runny noses and mosquito bites; it's fun."

He expects his new post will be patterned pretty much after the demands of the old one as professor of surgery at UC Medical Center in San Francisco:

"I come to work about 6:30 in the morning, begin operating at 7:30 and go on until almost noon. Then there's research, lab work, lectures, patient care, papers and letters."



Dr. John S. Najarian to a new post.

He'll take with him to Minnesota framed certificates from the airlines congratulating him for being a half-a-million-mile passenger.

Right now, he makes at least two trans-continental trips a month. He belongs to the committee study section for surgery of the National Institute of Health, which sets standards for departments of surgery, and he's on the Bureau of the Budget committee looking into ways to cut down the mortality rate from kidney disease. This now stands at about 30,000 deaths a year.

"There are two things to do for people with kidney disease," Dr. Najarian points out. "One is to use an artificial kidney. The other is to make a surgical transplant. Both methods are costly and both are considered experimental, although dialysis (use of an artificial kidney machine) can be done at home as well as in the hospital."

"It can work on a national scale," says Dr. Najarian of the current study which may lead to saving 6,000 to 10,000 lives a year.

"But it will take money. So does the Vietnam war. Doesn't it cost $70 million a day?"

The UC graduate is interested in surgical transplants of kidneys, not only for their life-saving potential but for the wealth of knowledge to be gained about immunology. "One of the most exciting fields in medicine," he believes.

There have been about 1,200 kidney transplants in the history of the world; about 50 percent of the patients lived. John Najarian himself in two years performed 33 transplants; about 80 percent of the patients survived.

A graduate of Oakland High School, Najarian was the only member of his family to choose a medical career. Why was it his choice?

"When I was 12 years old," he recalled, "I had my appendix out. I was in the hospital three weeks, and I admired the doctors and nurses more than I did football players."

As a senior, he was assigned to write an essay on his vocation. He didn't have one. But he remembered the appendectomy and looked up requirements for studying medicine.

"It was an easy essay to write," he said with a grin, "and I guess I talked myself into it. I've never had any regrets. Whatever you do in life should be something you want to get up for in the morning. It may sound corny, but there's no greater satisfaction than taking care of people."

Coming from ex-tackle and top surgeon Najarian, it doesn't sound corny at all.

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Madeline Meginnes dolls up dolls and cheers up tots in the pediatrics ward.

A UC Staffer Dolls up Dolls

Dolling up dolls has been a Madeline Meginnes specialty for years. Nieces have been delighted to add to their toy crop a doll dressed by Aunt Madeline.

Now, the pediatrics ward in Moffitt Hospital has a Meginnes doll with a wardrobe that goes from inside-out and is topped with a saucy hat and carefully tailored coat.

"Those little kids upstairs are so isolated. They need cheering up," says Miss Meginnes, a key punch operator in the computer section at UC Medical Center.

It was during an isolation period of her own, when she was recovering from a back injury, that the smiling Miss Meginnes spent three weeks designing and sewing a doll wardrobe and creating a coiffure that's the apex of fashion.

Along with hair "that can be combed and put up on curlers," Miss Meginnes provided for the small patients a tiny comb and brush set for the doll.

The hair-fashion shows professional know-how for a good reason. Miss Meginnes, who majored in education in college, also spent some time working as a hairdresser.

Students to Join Summer Projects

Dozens of students at UC Medical Center in San Francisco had scarcely snapped the books shut last term before they were packing suitcases.

Spending her second summer as a volunteer nurse at Project Concern Hospital in DaMpao, Vietnam, is Bertha Sanchez. She will be a graduate student next fall.

Project Concern, an international organization which aims to meet health needs where no medical care is available, operates hospitals and clinics in Vietnam, Hong Kong and Tijuana.

In Tijuana this summer, students from Medical and Pharmacy schools are joining Dr. Carlyn Halde, department of microbiology at UC Medical Center, to help skin test children for tuberculosis.

YOU NEED HEART... AND SKILL

". . . and he who gives a child a treat makes joy-bells ring in Heaven's street." (John Masefield)

While volunteers in UC Hospitals pediatrics ward would agree with this sentiment, they would also contend that it takes more than compassion and a willing heart to strike up a successful relationship with a child. It demands skill and knowledge.

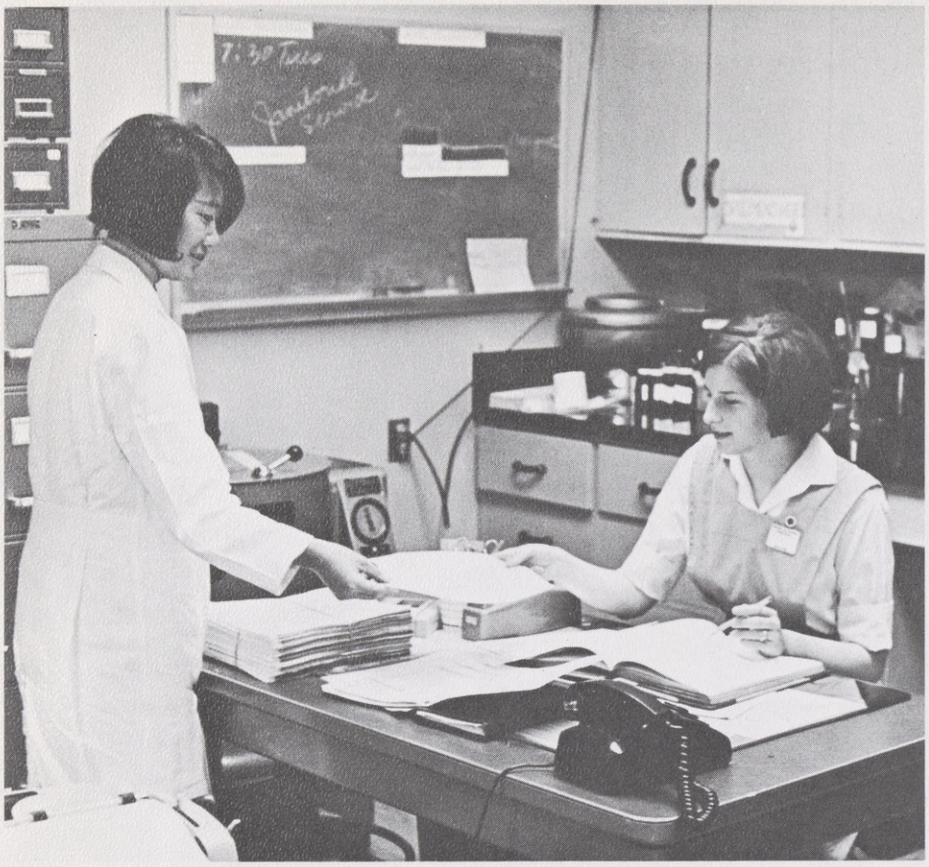
To help volunteers acquire both is the purpose of the new Pediatrics Volunteer Handbook. It includes information on ethics, duties, procedures and techniques for making friends with lonely, often frightened, children.

Many suggestions apply to any child, ailing or full of bounce. Here are some hints:

- In making friends with a youngster, feel your way. Be pleasant and informal. Invite his interest but don't press him to respond.
- When talking to children, try to keep your voice well modulated and natural.
- A toy or two breaks the ice. Other diversions are reading, telling stories, playing games, helping with puzzles and playing records.
- Tell children who you are and be interested in them. When with a preschooler get down to his level by sitting down or squatting.

Someone once said that a young child's world consists of table legs and kneecaps.

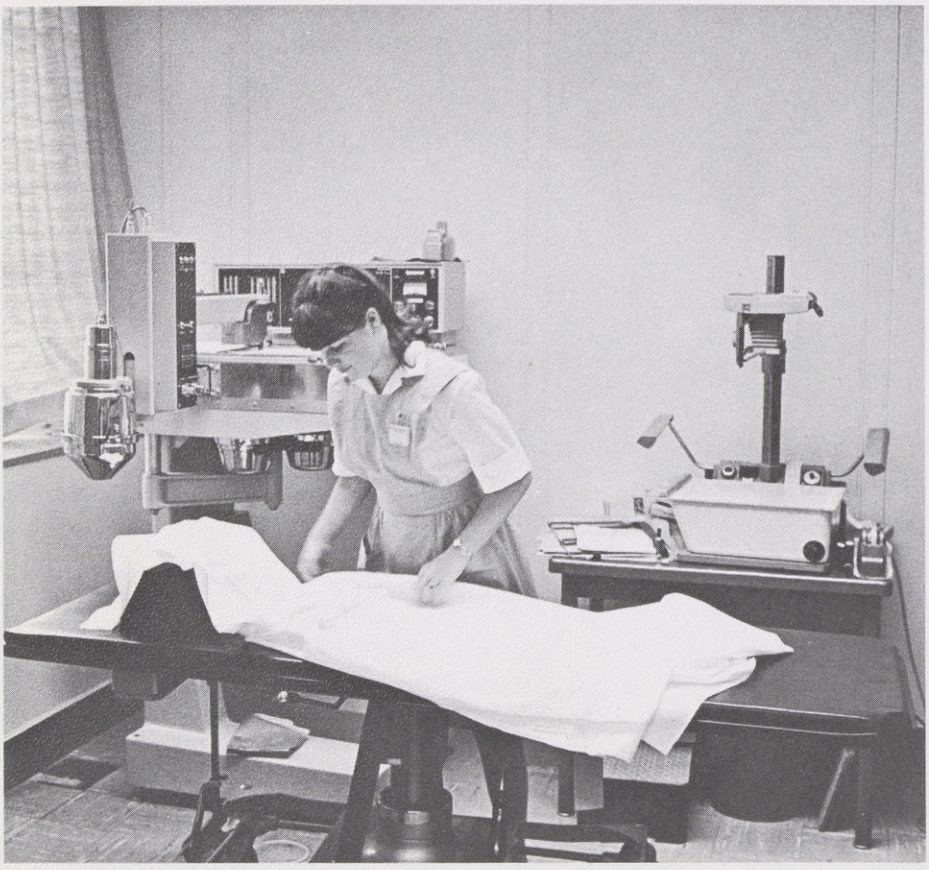
SUMMER'S SPEEDY SCHEDULE



Catching up on clerical duties can be part of a teen volunteer's busy schedule, above.



Jan Marcus helps in the wards at the admissions desk as a demonstration of the multitude of duties teen-age volunteers are asked to perform during a busy summer season.



Tidying up between patients' visits is what Linda Johnson, above, has on her schedule.

Teens on the Team

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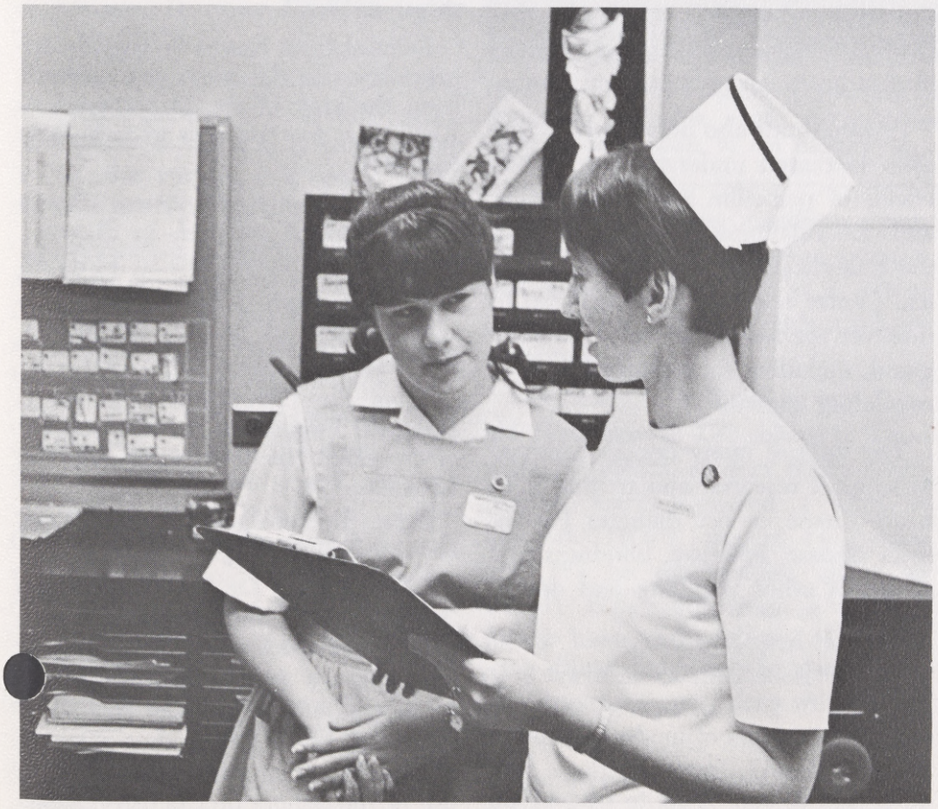
One of the reasons why they're repeating their volunteer services is "because they don't treat us like teenagers here but like adults."

It's true. Both volunteers 16 years old and adults in their 60's perform essentially the same services. These include:

- Visiting patients, reading, writing letters, doing errands and making phone calls.
- Preparing bedside tables for meals; delivering mail to patients, watering and arranging flowers.
- Walking with patients, making unoccupied beds, answering lights and informing nurses of patients' needs.
- Distributing water and nourishments under nurses' direction and assisting nurses with ambulatory patients.
- Something special is tree-trimming. Linda and Jan won't miss it this year — again. When they were Campfire Girls, they helped with Christmas tree decoration. Where? At UC Hospitals.



Jan Marcus, left, and Linda Johnson greet patients with a smile and a well-supplied gift cart on their rounds.



At the nursing station, Linda gets a run-down on the errands and their priorities.

Teens Help Boost Service Totals

Volunteers at UC Hospitals last summer ballooned up a total of 10,231 hours' service.

Teen-agers accounted for about 6,500 of the total, with 86 signed up for the peak month of July and 69 for August. Thirty of them earned 50-hour pins at October Recognition Day.

Hospital staffers still remember the panic last summer when Medicare information had to be mailed and stacks mounted ceilingward. Says Sue Carlisle, co-ordinator of volunteers:

"When a teen-ager had been interviewed and wanted to go to work, we told her 'come ahead.' Those kids were great. Some worked every day from 9:30 to 4:30 until we finished the mailing. We'd have been sunk without them."

This year, 86 young people completed training.

Building for Health -- with Help

Today, when college campuses and medical institutions spring full blown from the drawing boards of architects and planners, it isn't easy to imagine the long years of care and feeding that nurtured University of California Medical Center.

The beginning was a humble one. It was a small medical college founded in 1864 by a prominent, circuit riding physician from South Carolina. His name was Dr. Hugh Toland.

Dr. Toland's modest school was financed from the receipts of a bustling mail order business that supplied remedies to miners in the gold fields.

In 1862, Congress had passed the Morrill Act, which established the foundations for public higher education by setting aside public lands to endow state colleges for teaching agriculture and mechanics.

Revenues from the sale of California's allotment of 150,000 acres influenced the legislature to pass bills resulting in creation of the University of California on land in Berkeley given by the College of California.

This private school then merged with the new state university, and five years later Toland Medical College deeded its facilities to the university and became the "medical department" of the university.

This partnership of federal, state and private support has never ended.

Since 1873, the legislature has generously supported the basic operating budget for teaching the health scientists and professionals in dentistry, medicine, nursing, pharmacy, the auxiliary health specialities and basic biological sciences.

In recent years, since establishment of the National Institutes of Health, the federal government has played a heavier role in the support of organized health research.

And there are other developments, too. The growing involvement of individuals and private organizations in the support of health activities is one.

Aware of the demands on state funds from other public programs, more and more people have found their own ways to help the effort to solve the nation's pressing health problems.

Over the years, gifts from individuals have contributed immensely to the structure of the campus and to the accomplishments of its departments.

The campus site on the north slope of Mt. Parnassus was a gift of 26 acres from a former San Francisco mayor, Adolph Sutro, in 1865.

This piece of generosity spurred the legislature to appropriate funds to build the Affiliated Colleges from which the Medical Center grew.

In 1912, the University of California Hospital itself was built from private subscriptions raised by a task force headed by J. K. Moffitt and W. H. Crocker.

Countless individuals, Foundations and firms contributed money and material which substantially aided in the conquest of botulism, the deadly disease that threatened California's canning industry, encephalitis and plague.

Private funds also helped make possible increased understanding of the effects of penicillin and streptomycin and the relationship of nutrition to tooth development and disease. Medical Center scientists were enabled to discover the functions of the pituitary gland, including its important role in regulating growth.

The gifts of many donors continue to support research and treatment in heart disease, cancer, diabetes, Parkinson's disease, epilepsy, blindness and scores of other crippling and deadly diseases.

The costs of educating health personnel grow each year, yet training is available to many of modest resources because alumni, former patients and other friends contribute to student aid funds.

Hospital Administrator Harold Hixson underscored, in a recent issue of the U.C. Medical Center News, the importance of gifts of all sizes to provide patient amenities for those under treatment in the hospitals and clinics.

The battle against illness continues. With so many allies, victory cannot be far off.

Major Gifts Since 1955

From **Mrs. Francis I. Proctor** and **Trusts** in the Estate of Francis I. Proctor for establishment and support of the Francis I. Proctor Foundation for Research in Ophthalmology and for a professorship, lectureship and fellowship: $1,136,000. (Since 1948)

Bequests from **Berthold** and **Belle N. Guggenhime** to establish a professorship in experimental surgery and to "advance the knowledge and practice of surgery": $984,000.

Bequest from **Eric B. Taussig** for scholarships in medicine: $442,049.

Bequest from **Dr. J. Elliott Royer** to create the Royer Award for advancement of psychiatry and neurology and to provide medical scholarships: $353,574.

Bequest from **Emma Springs,** in appreciation for the treatment received from the staff of the Department of Radiology, for research in radiology: $325,000.

Bequest from **Nellie Brown Clough** for support of research in diabetes, heart disease and arthritis: $281,840.

Bequest from **John F. Bowie** to further the work of the George Williams Hooper Foundation: $247,254.

From the **Dorothy H.** and **Lewis Rosenstil Foundation** for the support of research in Hodgkins Disease: $240,000.

From the **George K. Rhodes Trust** for research in surgery: $210,491.

Bequest from **Dr. Jess F. Jacobsen** "in gratitude of the medical education given me which made possible my success as a physician and surgeon in San Francisco" to the School of Medicine: $208,111.

From an **anonymous donor** for the use of the School of Dentistry: $200,000. (Since 1946)

To the Starks... 'Bon Voyage'

When project HOPE accepted Dr. Marvin Stark for its medical voyage to Colombia, not one but five Starks said "yes."

"What a selfish thing not to take the family," Stark told himself when the word came. Quick to agree were his wife Gladys, daughters Carolyn and Susan and son Richard.

So for three summer months, the Starks are scurrying about their duties on the 15,000-ton converted hospital ship HOPE – Health Opportunity for People Everywhere. The program is supported by private contributions on a people-to-people basis.

Dr. Stark and other medical personnel receive small stipends for service. All family expenses are paid by Dr. Stark.

The floating treatment clinic-hospital made its first voyage in 1960 to Indonesia. Stark, professor of operative dentistry and oral biology at UC Medical Center in San Francisco, wanted to go along then.

Three years ago, he made his first application. It came back stamped "yes" for 1967.

Stocky and tanned from the Los Altos sun, Stark has a friendly grin, short-cropped hair and bristling vitality. On this voyage, he's one of three dentist "rotators" on board.

Treatment is given on the HOPE, and there are exchange visits and conferences with the faculty at University of Cartagena. Stark will also lecture in the capital city, Bogota.

The Stark family slogan is "exchange ideas, NOT instill them." Mrs. Stark, an elementary school teacher, will fill in on the faculty of Centro Colombo-Americano in Cartagena and also lead tours and assist with children on the HOPE.

Carolyn and Susan will keep busy rolling bandages and running errands. And Richard? "He'll help hand out milk and play baseball with the Colombianos," his father predicted.

What Dr. Stark would like to see with HOPE is a permanent link to UC Medical Center, students sponsored regularly on summer rotation and a mobile clinic left as a gift in every nation visited – with students as staffers.

With Drs. K. B. Soelberg and Ronald Nicholson of UC school of Dentistry and dental student Harry Scott, Marvin Stark triggered a kind of domestic HOPE project two years ago. It's an examination clinic on wheels converted from a 35-foot mobile home and equipped for dental care, medical examinations, oral surgery and pediatrics.

The clinic visits communities and institutions in Northern California where medical facilities are scarce or non-existent.

"What I'd like to do," Dr. Stark said before he winged off to the HOPE, "is to set the stage for faculty and students to join HOPE trips. There's no better way of understanding what people think than having this kind of exchange."



It's a togetherness volunteer project for Dr. Marvin Stark and family with the HOPE. Bound for Colombia, above, the professor of dentistry, wife Gladys, daughters Carolyn, 13, and Susan, 6; son Richard, 9.

Gift Shop Manager

Mrs. Matilda Hogan has been named manager of the UC Hospitals gift shop succeeding Mrs. Angela Rovero.

Mrs. Rovero, with UC Hospitals for 12 years, retired because of ill health. Says Assistant Hospital Administrator James Helzer: "It was through Mrs. Rovero's efforts and devotion . . . that the gift shop grew to its present capacity of an enterprising entity."

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Vacation Rule: Try Vigilance

August is vacation month. It should also be vigilance month, because "just for fun" times can be robbed of fun by accidents.

If the family is staying home, the Department of Public Health suggests checking the yard for hazards — an abandoned trunk or ice box, broken glass, rusty nails.

If you plan to take to the open road, there are other safety hints:

TRAFFIC — Give the car a safety check and allow plenty of time to get where you're going. Keep the car interior, including the rear window shelf, clear of loose articles and the windshield free of projecting objects.

CAMPING — Spray repellent on clothes and exposed skin areas to discourage ticks, chiggers, mosquitoes. Caution children not to eat seeds from unidentified plants. Castor beans are poison.

WATER — At least 20 San Franciscans died from drowning during the past year. This summer will swell the toll, so learn to swim well enough to relax in the water.

Never swim alone, always choose a safe swimming place, preferably supervised by a trained lifeguard.



Never swim when overly tired, when water is extremely cold or just after eating. Distance over water is misleading, so don't strain ability or endurance.

If you're a boat buff, remember never to overload it. If it overturns, stay with it. Most small craft will float when upset.

Swimmers and boaters should know how to rescue someone from drowning and how to give mouth-to-mouth artificial respiration.

Enrollment Boost For Nursing School

School of Nursing at UC Medical Center in San Francisco will boost its enrollment from 375 to 525 students when its new $3.5 million building is ready in 1970.

Work on the six-story, 46,000-square-foot structure will begin next summer. George Matsumoto, lecturer in the School of Architecture at UC in Berkeley, is the architect.

A "human subject room" will be among laboratories, where instruction will be given in electronic monitoring techniques used in coronary and intensive care units and surgery.

The school recently received a grant of $1,832,836 from the U.S. Public Health Service for its building fund.

Dr. Wolff Named

Dr. Sheldon Wolff, professor of cytogenetics of the Department of Anatomy and Laboratory of Radiology, has been appointed to the committee of editors of Caryologia.

Caryologia is a journal of cytology, cytosystematics and cytogenetics published in Italy.